

## Child Care Health Consultation Health Issue Training Lesson Plan

**Contractor (LPHA) Name:** Columbia/Boone County Department Of Public Health and Human Services

**Date Submitted:** 2/27/2019

Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input type="checkbox"/> Protecting Children and Youth <input checked="" type="checkbox"/> Promoting Physical Health <input checked="" type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <b>Source:</b> Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

**Title:** Take 5 Mindfulness and Movement Program Certification 3.0

**Learning Objective(s):**

Take 5 program certification provides educators and students:

- The ability to recognize and address physical and emotional reactions to the current environment.
- Mindful movement practices to physically release stress, anxiety, and trauma
- Tools will be taught to improve social skills and emotional intelligence.
- Results include increased focus, calmer classrooms, and empowered students.

Topical Outline of Content	Resources Used
<ul style="list-style-type: none"> <li>• Pre-test</li> <li>• Creating a Take 5 Space and leading by example</li> <li>• Breathing Practices</li> <li>• Exercise and yoga-based movement</li> <li>• Drawing or journaling</li> <li>• Concentration and relaxation</li> <li>• Using talk or touch</li> <li>• Post-test</li> </ul> <p>Total clock hours for training: 3 hours</p>	<ul style="list-style-type: none"> <li>• Pre quiz</li> <li>• Powerpoint</li> <li>• Trainer-led breathing practices</li> <li>• Trainer-led exercises</li> <li>• Trainer-led discussion of drawing and journaling exercises</li> <li>• Trainer-led concentration and relaxation exercises</li> <li>• Trainer-led discussions about using talk or touch</li> <li>• Post quiz</li> </ul>

**Method(s) of Outcome Evaluation:** Participants will be able to recognize and address physical and emotional reactions to the current environment, engage in mindful movement practices to physically release stress, anxiety, and trauma, use tools to improve social skills and emotional intelligence, and gain an understanding of how to implement these techniques in a classroom setting. Participants will complete a pre-test and post-test to measure knowledge and outcomes. Each participant will receive a certificate and be certified to implement Take 5.

Health Issue Trainings are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for Health Issue Trainings should use this template and submit to the CCHC Program Manager, for submission to the Missouri Workshop Calendar for Program approval. Health Issue Trainings already approved by the CCHC Program Manager and the MO Workshop Calendar are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.